



**STRESS AMONG EMPLOYEES  
IN JOHOR CORPORATION (JCORP)**

**NUR SYAZWANA BINTI ABDUL RASID  
2016686618**

**BACHELOR OF BUSINESS ADMINISTRATION  
WITH HONOURS (HUMAN RESOURCE MANAGEMENT)  
FACULTY OF BUSINESS MANAGEMENT  
UNIVERSITI TEKNOLOGI MARA  
CAWANGAN MELAKA KAMPUS BANDARAYA MELAKA**

**JULY 2018**

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**Submitted in Partial Fulfilment of the  
Requirement for the  
Bachelor of Business Administration with Honours  
(Human Resource Management)**

**FACULTY OF BUSINESS MANAGEMENT  
UNIVERSITY TECHNOLOGY MARA  
CAWANGAN MELAKA  
KAMPUS BANDARAYA MELAKA**

**JULY 2018**

## **DECLARATION OF ORIGINAL WORK**



**BACHELOR OF BUSINESS ADMINISTRATION  
WITH HONOURS (HUMAN RESOURCE MANAGEMENT)  
UNIVERSITI TEKNOLOGI MARA  
“DECLARATION OF ORIGINAL WORK”**

I, Nur Syazwana Binti Abdul Rasid, (I/C Number : 950704-01-7118 )

Hereby, declare that:

- This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently submitted for this degree or any other degrees.
- This project-paper is the result of my independent work and investigation, except where otherwise stated.
- All verbatim extracts have been distinguished by quotation marks and sources of my information have been specifically acknowledged.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **LETTER OF SUBMISSION**

July 2018

The Head of Program

Bachelor of Business Administration (Hons) Human Resource Management

Faculty of Business Management

Universiti Teknologi MARA (UiTM)

Cawangan Melaka Kampus Bandaraya Melaka

Off Jalan Hang Tuah

75300 Melaka.

Dear Sir/Madam

### **SUBMISSION OF PROJECT PAPER**

Attached is the project paper titles “Stress among Employees In Johor Corporation (JCORP), Johor Bahru” to fulfil the requirement as needed by the Faculty of Business Management, Universiti Teknologi MARA (UiTM).

Thank you.

Sincerely,

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(Nur Syazwana Binti Abdul Rasid)

2016686618

## **ABSTRACT**

In this competitive era, many organization wants to be better without realizing the burden to employees in order to complete their task. Due to that, employee stress can become a problems that can occur to employees in many organization regardless of what industry the employees are involved. Factors of employee stress can be different due to how the organizations handle or managed their employees well. This paper focuses on employee stress and also suggests four variables which are work life balance, workload, role conflict and interpersonal relationship. Work life balance is to ensure whether the employees get to maintain their personal and working life. Workload is refers to whether employee is having too much work or task to do. Role conflict also to determine whether there is one or more conflict of roles in the organization as well as good relationship with managers through interpersonal relationship. What seems importance is to investigate this four factors do influences employee stress or not. Hence, around 186 sample of questionnaire were distributed to employees in Johor Corporation. Total of 170 employee responded and filled the questionnaire, with a response rate of 91.4%. Besides that, results reveal that workload and role conflict is significant. Meanwhile, the work life balance and interpersonal relationship variables reported are not significant.